



FACING TRAGEDY
A LOST GENERATION
OF FIRST NATIONS
CHILDREN (page 3)

SHEEN
MIGHT BE BACK
ON TV SOONER
THAN LATER (page 8)

LONDON
metro®

Tuesday, August 2, 2011
www.metronews.ca

News worth sharing.

Saucy good time at Ribfest

► Money raised at event goes to support various charities ► More than 250 exhibitors and an estimated 100 food booths were on-hand in the park ► An estimated 75 live bands and musical acts performed



► Seven-year-old Abigael Smith digs right into a platter of smoky barbecue ribs at the annual Ribfest in Victoria Park, which ended yesterday. Organizers estimate more than 200,000 people attended the five-day celebration.

KYLE REA
LONDON@METRONEWS.CA

The smell of meat filled the air for blocks around Victoria Park, tempting visitors to come by and find its source.

That's exactly what thousands of Londoners did over the weekend as they crowded into Victoria Park for the annual Ribfest.

Smoke and heat glare floated above a closed off section of Wellington Street, where the booths of 10 "ribbers" were set up — restaurateurs who turned out for the annual event to cook up the best ribs in town for hungry visitors. And to earn bragging rights as the best rib-makers in town.

"You can't find a bad rib here," said Ribfest MC and A News personality Nick Paparella.

His feeling was shared by many Ribfest-goers.

"It's great here, we come every year," said Belinda Smith of Dorchester. And why does the festival keep drawing her back?

"There's something different here.... We try different foods here, but we always get the

- Ribfest winners**
- **Best ribs:** OLG Gateway.
 - **Best ribs runner-up:** Pistol Pete's.
 - **Best sauce:** Jack the Ribber; runner-up: Fire Island.
 - **People's choice best ribs:** Kentucky Smokehouse.
 - **People's choice best ribs runner-up:** Jack the Ribber.
 - **Best ribber display:** Texas Rangers.
 - **Best ribber cooking showmanship:** Boss Hog
 - **Bands:** Dozens of bands and musical acts performed.

ribs."

Smith noted she always gets Kentucky smokehouse ribs. "Hickory barbecue with a nice smoky flavour."

For Morgan Vancolen and Kyle Roffey, it's all about the pulled-pork sandwiches.

Do they have a favourite vendor?

"Whatever booth has the shortest line. I know they're all good," said Vancolen.

"They all have first-place (trophies) in something," Roffey said.

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The past decade has been good to a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a shelter. Video at metronews.ca

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Art fans flock to chalk walk

- ▶ London chalk artists compete through rain and shine for best-in-show title
- ▶ Competition held at St. James Westminster Anglican Church parking lot in Wortley Village

DENISE SURETTE/FOR METRO

▶ A chalk-covered Erin Meadows smiles next to her portrayal of Thumbelina and friends, which won best in show at London's Expressions in Chalk Festival yesterday in Wortley Village.



DENISE SURETTE
LONDON@METRONWS.CA

Erin Meadows' depiction of a tiny Thumbelina took the biggest prize for London's Expressions in Chalk, the annual street art festival, beating 34 other competitors.

"I was inspired by the fairytale of Thumbelina," says Meadows. "I wanted to have the background popping out."

Even though Meadows is

going into Grade 11 at Oakridge Secondary School in the fall, she's already an Expressions veteran. This is her third year in the chalk festival as a competitor. She hopes to use her experience to teach art down the road.

Festival organizer Jan Smelser says the young competitors are what drive the competition, which this year brought out more than 8,000 admiring viewers to Wortley Village over the weekend.

"These young people are

really putting some great work out," says Smelser. "Over the years, you see the improvement in their work. It makes it all worth while."

Smelser says street art is in many ways a young person's game. Bending, stretching and crouching for hours in sun and rain can be taxing for the artists. But creating street art is worth it not only for the artists but also for the thousands of street-art lovers who come out to gaze at

the work.

"The young people really dive right in," says Smelser.

The people's choice award winner, Samantha Vincent, drew votes for her depiction of a youthful Elizabeth Taylor in black and white.

"I enjoy doing black and white for chalk," says Vincent. "She died this year, so it was kind of a tribute."

More pictures from Expressions in Chalk are available online at metronews.ca.

Award winners

- ▶ **Best in show:** Erin Meadows, \$300.
- ▶ **Best in show — student:** Rachel Meadows (Erin's sister), \$75.
- ▶ **Best in show — youth:** Rachel DiLoreto, \$75.
- ▶ **People's choice:** Samantha Vincent, \$250.
- ▶ **Best use of medium:** Gomer Robinson, \$100.
- ▶ **Best animation:** Jordan Gosselin, \$100.

City's recycling gets a boost

The city's new recycling plant is set to open this week, meaning residents will be able to recycle more.

The \$22.4-million plant on Manning Drive will be able to process 100,000 tonnes of material, including a host of new recyclables.

To help keep up with demand, the city is also rolling out Big Blue. Starting in two weeks, 117,000 households across the city are getting bigger blue boxes.

"That is going to be a blue box that is about 50 per cent larger than the

current blue box that Londoners typically have," said Jay Stanford, London's manager of environmental services. "They're going to be delivered door-to-door starting Aug. 15. It's going to have the words on it for containers."

AM980/AM980.CA

Burning ban lifted

The City of London and the townships of Middlesex Centre and Thames Centre have lifted their bans on open-air burning.

The bans had been in place since July 16, when the extreme heat and dry conditions prompted local fire chiefs to impose

the ban due to increased risk of grass and brush fires.

The London Fire Department is posting open-burning information and any notices regarding bans on its website at london.ca/fire.

● METRO

More fallout from Mtl. tunnel collapse

► Additional unstable beams found after concrete slab fell on major expressway Sunday ► Latest sign of city's crumbling infrastructure

One day after a massive concrete slab slammed on to a major Montreal expressway, transport officials have knocked down another unstable beam in the same tunnel.

A 15-metre-long concrete slab dropped Sunday from the ceiling of a tunnel along the city's downtown Ville-Marie expressway.

There were no injuries as the morning collapse came during a quiet period along the normally busy stretch of highway.

Transport officials later noticed another unsteady concrete beam in the tunnel and used a crane to rip it down.

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A 15-metre-long concrete slab fell onto Montreal's Ville-Marie expressway Sunday.

A spokeswoman for the provincial Transport Department says workers are now trying to stabilize a third beam.

The Montreal area's aging road network has forced lane closures on several overpasses and bridges this summer as engineers scramble to deal with the city's crumbling infrastructure. **THE CANADIAN PRESS**



► Engineers inspect a concrete slab that fell Sunday on a major expressway, yesterday in Montreal. No one was injured in the collapse.

First Nations leader decries 'Millennium Scoop'

John Beaucage has given the heartbreak he sees around him a name: The Millennium Scoop.

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school system. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

Instead of being at home with their parents, brothers and sisters, tens of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

A disheartening mix of poverty, addiction, history



► Jeremy Meawasige sits with his mother, Maurina Beadle, at home in Pictou Landing First Nation in Nova Scotia last month.

and politics has conspired to separate First Nations children from their parents.

Researchers aren't certain how many native kids are no longer living with their parents. A major study in 2005 pegged the number at 27,500. Since then, provincial and federal data as well as empirical reports suggest the numbers have risen.

That's easily double the size of the cohort forced away from their homes and into residential schools during the late 1940s and '50s — a brutal period of Canada's history that still haunts First Nations families. **THE CANADIAN PRESS**

Jeremy's story

► Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia (pictured) has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.

► He is unable to care for himself and authorities want to send him to an institution out of province.

► His mother, Maurina Beadle, who suffered a stroke last year, is fighting for funding to keep her son at home.

25 migrants found dead on boat bound for Italy

More than two dozen African migrants trying to reach Italy from Libya died in the hold of a rickety boat so packed with people that the migrants could not get out as they struggled to breathe, Italian officials

said yesterday after the bodies were found below decks.

The 15-metre boat was carrying 296 people, including women and children.

THE ASSOCIATED PRESS

Russian PM supports merger with Belarus

Prime Minister Vladimir Putin voiced support yesterday for Russia to merge with its western neighbour Belarus.

Belarus has been an in-

dependent state since the Soviet Union fell apart in 1991. But the country is still regarded as the most "Soviet" of all former republics.

Putin's remarks were in response to a question from a young Belarusian who wondered whether Russia and Belarus could merge into "one state like it was in the Soviet times." **THE ASSOCIATED PRESS**

Quadriplegic man dies in U.S. skydiving accident

Flathead County officials say a 27-year-old quadriplegic man with five years of skydiving experience died in a weekend skydiving accident in northwestern Montana.

Sheriff Chuck Curry

says Zack Fogle of Kingston, Wash., died Saturday afternoon when his parachute failed to open after a jump at the Lost Prairie Boogie, an annual skydiving event near Marion. **THE ASSOCIATED PRESS**

Somalis start fast during famine

► Ramadan a strict matter of faith for many Somalis ► Some 2.2 million in peril in region controlled by al-Qaida linked group

Muslims around the world mark sundown during the holy month of Ramadan that began yesterday with extravagant dinners after not eating from sunrise to sundown. That kind of nighttime celebration is unthinkable this year for most Somalis, who already are suffering empty stomachs during the worst famine in a generation.

Many Somalis are fasting, even though Islam allows the ailing to eat.

Others, like Mohamed Mohamud Abdulle, are

ashamed they don't have enough food for the sundown dinner.

Tens of thousands of Somalis already have fled starvation to the world's largest refugee camp in neighbouring Kenya, where Abdulle said people can't fast without food "to console the soul."

"How will I fast when I don't have something to break it?" asked Abdulle. "All my family are hungry and I have nothing to feed them. I feel the hunger that forced me from my home has doubled here."

Sheik Ali Sheik Hussein, a mosque leader in Mogadishu, called it "worrying" that many Somalis cannot fast because they are already weak from hunger and don't have food to regain their strength after sundown.

"We have asked all Muslims to donate to help those dying from hunger," he said. "Muslims should not be silent on this situation, so we shall help if Allah wills."

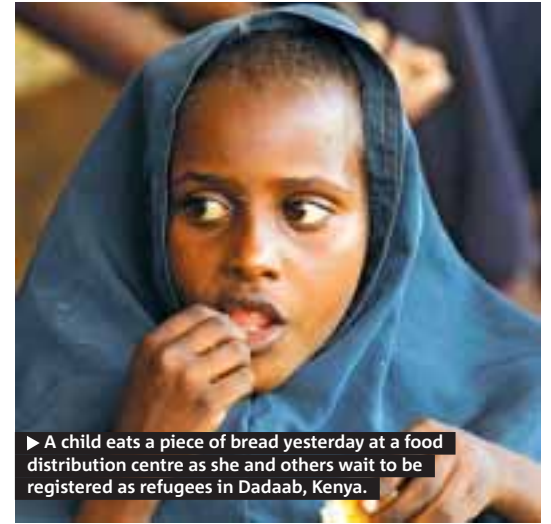
In a Ramadan statement yesterday, U.S. President Barack Obama said

now is a time for the world to come together to support famine relief efforts.

The UN says more than 11 million people in the Horn of Africa need food aid.

In a bit of good news, however, the International Committee of the Red Cross said yesterday it was now distributing food to 162,000 people in south-central Somalia — the first large-scale distribution in the region since the beginning of the year.

THE ASSOCIATED PRESS



► A child eats a piece of bread yesterday at a food distribution centre as she and others wait to be registered as refugees in Dadaab, Kenya.

Muslims worldwide begin Ramadan observance

Religious authorities in most of the Middle East declared yesterday the start of the holy month of Ramadan, a period devoted to dawn-to-dusk fasting, prayers and spiritual introspection. Ramadan begins around 11 days earlier each year. Its start is calculated based on the sighting of the new moon, which marks the beginning of the Muslim lunar month that varies between 29 or 30 days.

Moon. Watching

► A woman points skyward as she and her sons look for the crescent moon at sunset on Sunday in Amman, Jordan.



MOHAMMAD HANNON/THE ASSOCIATED PRESS

Tense Ramadan for parts of Arab world

UNREST. From Syria to Libya and Egypt, the uprisings and unrest gripping the Arab world have cast a pall on the start of Ramadan, with the traditional focus on piety likely to be eclipsed by more unrest.

Food prices — part of the economic hardships that catalyzed the ouster of the Egyptian and Tunisian lead-

ers — are still climbing. And protesters have shown little patience for conciliatory gestures by governments after decades of empty promises.

There is no sign that opposition forces will ease up on protests — even with the difficulties of the month of dawn-to-dusk fasting that began yesterday.

Predictions of a tense Ramadan have already started to be realized. Libyan rebels are turning their weapons

on each other, dimming hopes for the overthrow of leader Moammar Gadhafi.

Syrian security forces have escalated their crackdown on protesters, killing more than 74 people on Sunday, with violence expected to intensify.

Meanwhile, Egyptian forces chased dozens of activists yesterday who refused to end four weeks of protests at Tahrir Square to pressure the country's transitional military rulers.

THE ASSOCIATED PRESS

Call for more security at Ottawa mosques

OTTAWA. The Council for American-Islamic Relations Canada (CAIR-CAN) is urging Canadian mosques to take higher security precautions during Ramadan in the wake of the recent attacks in Norway, which were fuelled by anti-Islamic sentiment.

The national non-profit Muslim association.

released a "Muslim Community Safety Kit," which advises mosques to request police patrols and install surveillance cameras as safety precautions.

Zijad Delic, the imam of the South Nepean Muslim Community, said that while the guidelines are helpful, extra precautions aren't necessary for his congregation.

"I don't think that individuals would walk in and try to do anything because our community has such

good relations with the area," Delic said.

Delic brushed off last year's case of hate crime when a sign on Woodroffe Avenue announcing the location of a new mosque was defaced with discriminatory messages.

"There will always be lone wolves who do damage to the community," said Delic. He said the best way to combat anti-Islamic ideology is through education and openness.

JOE LOFARO



► U.S. Senate majority leader Harry Reid

NYSE SURGES, SLUMPS

An early rally on the New York Stock Exchange lasted all of 30 minutes yesterday after a slowdown in U.S. manufacturing.

Minutes after the stock market opened, the Dow Jones industrial average jumped 139 points, but it fell as many as 145 points after the Institute of Supply Management said U.S. manufacturing barely grew last month. The Dow recovered some of its losses in the afternoon and

was down 10.75 points at closing.

Analysts had expected stronger U.S. manufacturing growth. And many had expected the market to rally yesterday because President Barack Obama and Congress agreed on Sunday to raise the U.S. borrowing limit by \$2.1 trillion and cut at least \$2.4 trillion in spending over 10 years. The House is expected to vote on the measure today. **THE ASSOCIATED PRESS**

Restaurants 'zapping' sales records: Taxman

- 'Phantom-ware' being used to erase sales data, dodge taxes
- Fraud suspected in 34% of all electronic sales systems checked

One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated \$141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected

Market moment

TSX



Closed for holiday

Dollar (BMO)



- 0.02¢ (104.64¢ US)

Oil



- 81¢ (\$94.89 US)

Natural gas 1,000 cu ft
\$4.188 US (+ 4.3¢)
Gold contracts
\$1,621.70 US (- \$9.50)

transactions such as paying employees and suppliers in cash while not claiming the expense.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantomware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumb-drive or CD that does the same work.

CRA spokesman Noel Carisse says "two cases have been successfully prosecuted resulting in fines and jail time. In addition, charges have been laid in six other cases." Other cases are under investigation. **THE CANADIAN PRESS**

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HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO



Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringe-worthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight percent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty percent would dump a girlfriend if she became fat.

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" Forty-one percent answered, "When she sleeps with her 10th sex partner."

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll).

As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy *What's Your Number?* In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: for women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

Wringing out soakers raises water awareness

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

In the heat of summer,

many of us take water for granted.

Not the Interact Club of London!

A Rotary-sponsored service club for youth aged 12-18, Interact organized the outdoor charity event Water for Water to raise awareness about water equality.

At London's Greatest Water Fight, a throng of

teens and kids soaked each other with squirt guns and water balloons.

"We really wanted to do something fun and interactive in the community, something unique that would draw people together for a good cause," said Gordon Ngo, Rosalinda Chen, Melissa Ng and Rahma Syed.

The event was entirely

run by young people and raised an amazing \$800 for clean water projects in East Africa.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- ▶ @Styeiles: My day went from #garbage to #awesome in about 5min...Not working today.... #dayoff, #kickass, #ldnont
- ▶ @scantheradio: Dear #ltc why don't the buses start until 9 on Sunday's/holidays? I have to be AT work at 9. Now I have to take a cab. #ldnont
- ▶ @Evolving: moving day, off to my new home in Wortley! #ldnont #changeisgood
- ▶ @suzannehajdu: Thank you sun Gods that be...for letting me get in 2 gorgeous days at the beach. Makes me homesick for #ldnont. #snapoutofit!!
- ▶ @SanahChaudhry: One month till #UWO! :)
- ▶ @paulcampisi: who wants to take conceptual physics with me? #uwo #westernu @duwestern
- ▶ @getmobilized: If you see someone with a swastika tattoo, can you call the police? #ldnont #ribfest #cdnoli
- ▶ @a_xlu: Too hot to sleep... Wonder why I'm still not used to this? #LdnOnt
- ▶ @Chris_Bentley: My best wishes to all Muslims as the month of Ramadan begins. #LDNont
- ▶ @hankjanssens: Two more days off. Time to catch up on my graphic design Lessons. #LdnOnt

Cartoon by Michael de Adder



WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert Di-Giacomo was in

an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Michael Calamosca, out of the car.

He says the suspect told him he was part of filming for *The Dark Knight Rises* and that taking the vehicle was in the script.

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. **THE ASSOCIATED PRESS**



Not just another Idol

► Canada Sings features ordinary workers performing Glee-level routines ► Judge Vanilla Ice sees a lot of untapped talent on new show

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer. More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, called The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian

standards, \$10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

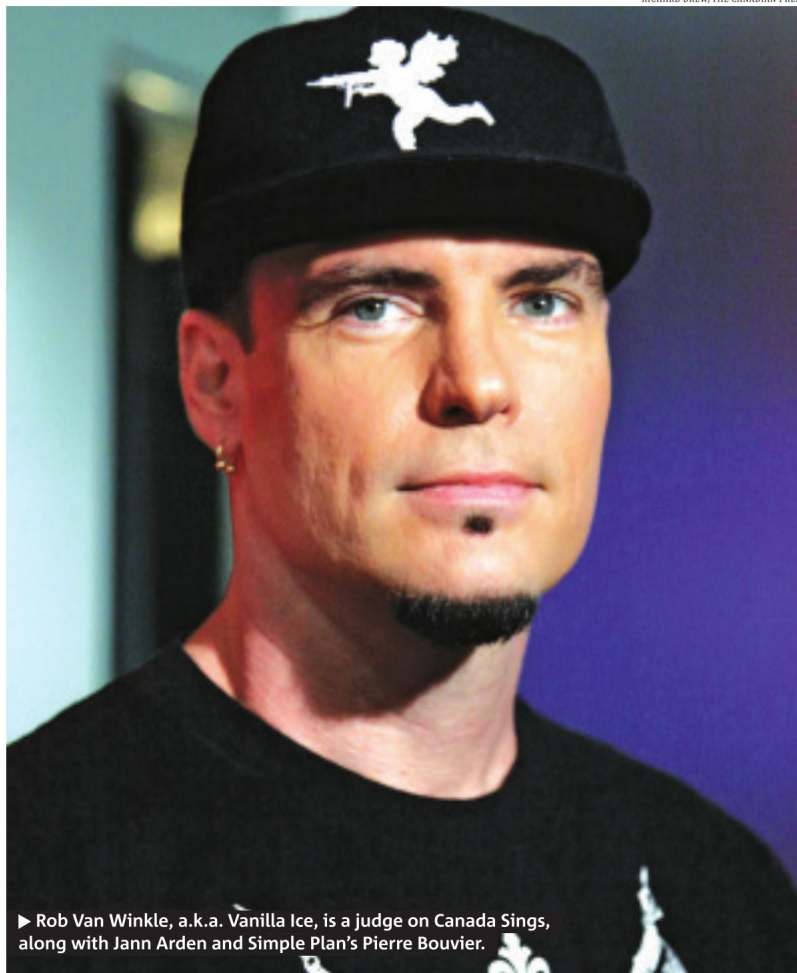
After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

Brunton says Canadians will relate to and might even fall in love with char-



► Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

acters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

Then there are the end-

less built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and

GoodLife Fitness are probably down with their employees getting national network face time.

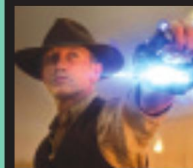
Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

2

scene

Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with \$36.2 million.

THE ASSOCIATED PRESS



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Was singer preparing to become a mother?

► The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

Before her death, Amy Winehouse was reportedly in the

process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Danika Augustine, says. "I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

● METRO



► Amy Winehouse

ALL PHOTOS GETTY IMAGES

Dish briefs

There's something about Alex

A GREAT CATCH. Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. ● METRO

Franco: Where is the love?

MONKEY TROUBLE. James Franco isn't feeling the love from the press, and he's worried his new film, Rise of the Planet of the Apes, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells Playboy



"All your facial features are on the lower bottom half of your head. Disturbing."

@JerrySeinfeld



@EllenPage

"I feel insane right now. Like Ashley Judd in the movie about the bugs"

@JonahHill

"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."



@ElizabethBanks



"Dear Atlanta, I'm totally into you. Let's date for a while. Have some fun. Where should we go? smooches!"

magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else."

● METRO

Sheen to appear on Big Brother?

Charlie Sheen may be back on TV sooner than expected, as the troubled actor has reportedly signed a deal to ap-

pear on



► Charlie Sheen

Celebrity Big Brother in the U.K., according to the Daily Star.

While network spokespeople aren't confirming any contestants yet, a source says Sheen will be flying to England in the next two weeks for filming after inking a \$9.8-million deal.

"It would be unbelievable. A producer's dream. No one would want to miss the chance of seeing what he's up to and hear the wacky things he's been saying," a source says.

"And let's face it: he's been saying some crazy stuff recently."

● METRO

Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."



► Arnold Schwarzenegger



► Maria Shriver

Schwarzenegger reportedly referred to his es-

tranged wife as "darling" as they left, but the birth-

day boy still went home alone. ● METRO



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ISTOCK PHOTOS

► Eating a small amount of nuts regularly is a great nutrition choice.

Not so nutty science

► New study shows eating certain nuts can help manage Type 2 diabetes ► The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients



CELIA MILNE
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of

nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet ... such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University

of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans,

hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it.

These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.

3

life

Go nuts



Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

CELIA MILNE



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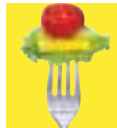
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► Manna Grill offers a great introduction to the region's cuisine ► Dishes include pan-fried dumplings & beef ribs

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



For those not familiar with Korean cuisine, Manna Grill provides a great introduction to its range of soups, stews and barbecue dishes.

Tempting selections of meats and noodles appeal to a wide range of tastes.

Manna's atmosphere is unpretentious yet welcoming. Its menu of small plates, suited for sharing, is divided into Korean and Japanese dishes with some being more authentically rustic than others.

The Sul Lung Tang, beef bone stew (\$9.95), looks somewhat intimidating but is very popular.

I order more familiar dishes of Mandoo, pan-fried dumplings (\$6.95)

and Daeji Goo-ee, grilled pork in a wonderfully gooey and fiery sweet sauce (\$14.95).

My guest tries crispy seafood pancakes called Hae Mool Jun (\$5.95 for two) and rich Gal Bee beef ribs (\$17.95). Each lunch

arrives with a variety of pickled vegetables, rice, Kimchi (fermented cabbage) and miso soup.

Manna Grill creates an approving symphony of taste through its wondrous mix of salty, savoury, sour, sweet and spicy flavours.



► Gal Bee beef ribs (\$17.95).

PAUL MITCHELL

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Dear Charles:
I've been invited to a friend's cottage for the weekend. It will be the first time that I meet his extended family. What kind of gift is appropriate for a two-night cottage visit?
Gisele

Dear Gisele:
First, good on you for

wanting to bring something! You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card

from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

Where is the line between being well-mannered, and simply faking it?
Just sayin'

Dear Just Sayin':

What a great question! A well-mannered person always puts themselves in

someone else's shoes first and never attempts to belittle others or make them feel badly.

One of the absolute golden rules of etiquette is to make others feel good.

Someone who is polite and well-mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't worry

about others' feelings or making others feel comfortable in social situations. These people rely on what they see in the movies and on television for their cues to good manners and proper conduct.

In practice, however, nothing could be further from the truth!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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ISTOCK



► Wine doesn't cost that much, but it's the thought that counts.

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Avoid racking up expenses for work

FUN AND FRUGAL

LESLEY SCORGIE
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I polled 20 to 40-some-things throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to 'look the part.'

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or car-pooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost \$600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs 'tweaking', take it to a tailor and have it customized for \$50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

"Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls."

LESLEY SCORGIE



► When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie.

I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for

clearance sales on desks and computers.

I saved \$2,000 on my home office by hitting up a 'going out of business' sale.

Don't be afraid to buy book shelves, desks, chairs or electronics second hand off Kijiji or

EBay.

Many home office expenses qualify for tax credits.

Work expenses are largely unavoidable. But, be savvy and frugal by spending on work items that enhance your personal brand.

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POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS in Lesley Scorgie's Fun and Frugal Column: *What to do with your tax refund.*

This column and more available at **Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Renovating? Contact your insurance company

Planning some major home renovations this summer or fall? As a homeowner, you have some important insurance-related things to remember before you get started.

We asked Tara Lessard-Webb, an underwriter with

Desjardins General Insurance Group, to share her do's and don'ts about home insurance and renovations:

What's the first thing that homeowners should do?

Before starting any renovation project, the homeowners should notify their insurance company because some renovations could impact their insurance coverage.

For example, if the homeowners vacated the house for more than 30

days while the work was being done and didn't inform their insurance company, it would be a violation of their policy.



► Even if you're doing the work yourself, you should chat with your insurance provider before you start renovating.

If the house was burglarized while it was empty, there's a good chance the claim wouldn't be covered.

What if they don't vacate the house?

Again, they still need to inform their insurance company to make sure they have coverage through the process and for when it is completed.

This avoids unpleasant surprises such as the cancellation of coverage or denial of a claim.

Shouldn't the contractor have his own insurance?

Yes and the homeowners should make sure the contractor's liability insurance is adequate and current.

Generally speaking, the contractor's insurance and the homeowners' insurance combined will provide good coverage through the renovation project.

But even if you do your own work, you still need to contact your insurance company to ensure you remain covered through the project and that your policy is updated accordingly.

Could the work cause their premiums to increase?

Actually, it depends, which is why it's important to have the conversation with the insurance provider.

In some cases, improvements — like upgrading the electrical system or replacing a weathered roof — may help lower insurance premiums.

However, if the renovation increases the replacement value of the home — for example, with a new addition, or the installation of high-end granite countertops or expensive appliances — the homeowners' premium may go up.

DIY is very popular these days. What if a homeowner prefers to do the work himself?

I understand the appeal — typically major renovations mean major expense.

It may mean a bit more premium, but it could protect you during the project and once it's completed.

What if the renovation is complete and the homeowners neglected to inform their insurance company?

They should do so as soon as possible to ensure they are adequately protected.

Otherwise, they may discover when they have a claim that it is not fully covered, which could prove very costly.

Where can homeowners find more information about renovations and their home insurance?

They should speak to their insurance provider.

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Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

"Randy has weighed his options and considered the offers and has decided to retire," Segal said.

If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



► Randy Moss

Rotation clicking as Jays hit road

- Morrow's 11-strikeout outing caps a strong run for Toronto starters
- While pitching has heated up, some key Jays' bats have gone cold

DAVID COOPER/TORSTAR NEWS SERVICE



► Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

"I think we've been throwing the ball well for a while now," Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

"I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday) in his first major

The rotation



The most recent performances from the rest of the Jays' starters have been solid as well.

► Ricky Romero began it by limiting the Baltimore Orioles to four hits over 8½ shutout innings in a 3-0 win.

league start of the season). "Just kind of one of those things where you pass the baton and you want to keep going."

The starting pitching was able to mask some scuffling from the batting order, the kind of "we'll take care of you, you take care of us" teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the

► Carlos Villanueva was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.

► Brett Cecil dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.

► Brad Mills made his season debut in the big leagues on Saturday and, even though he was tagged with the loss in a 3-0 setback, did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

"I don't think we're at the point of saying Travis is solely a platoon guy," said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

"I think competition brings out the best in players and, yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time," he said Sunday.

"At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established, but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out."

TORSTAR NEWS SERVICE

4

sports

Quoted



"When I was a little boy, I never expected to have my number retired. I just played the game I love."

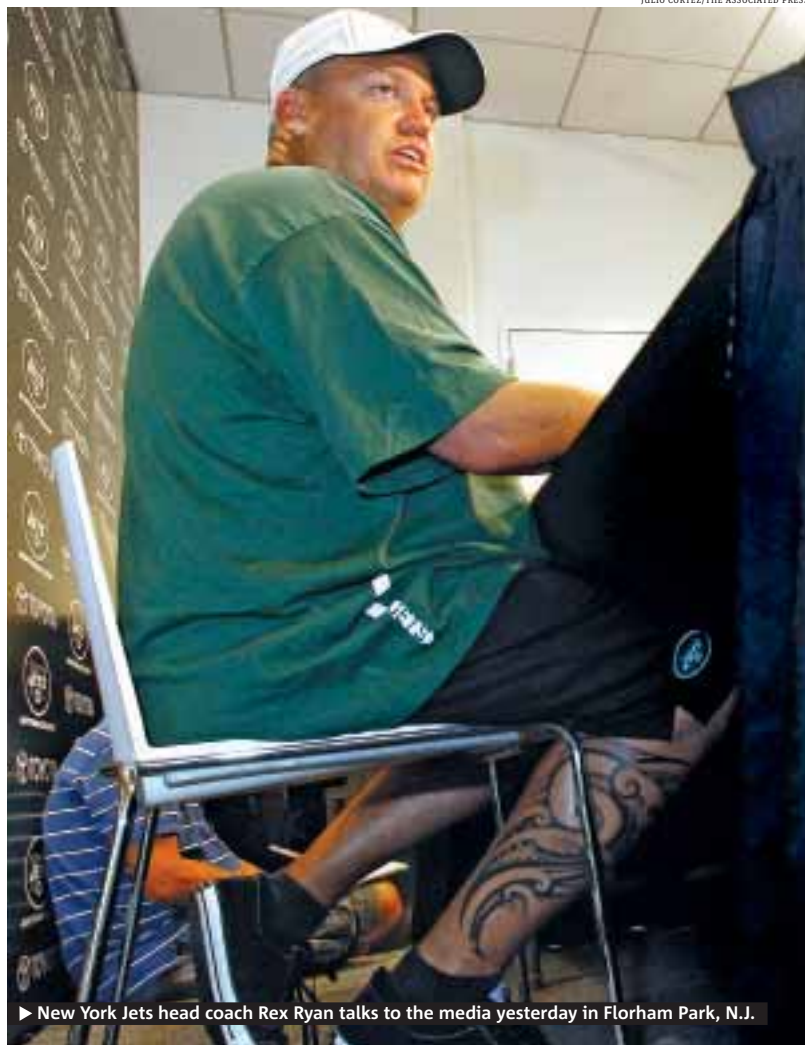
ROBERTO ALOMAR. THE BLUE JAYS RETIRED HIS NUMBER 12 ON SUNDAY, THE FIRST RETIRED NUMBER IN FRANCHISE HISTORY. THE TEAM REPORTED A SELLOUT CROWD OF 45,629 FOR SUNDAY'S GAME.



Scan code for more sports news.

Jets already talking Super Bowl

JULIO CORTIZ/THE ASSOCIATED PRESS



► New York Jets head coach Rex Ryan talks to the media yesterday in Florham Park, N.J.

► New York club an early favourite on first day of workouts ► 'We are the team to beat,' says Holmes

LaDainian Tomlinson looked around quizzically when asked if this year's New York Jets were the NFL's version of a dream team.

Tomlinson, who restructured his contract to help the Jets sign more players, then laughed and said the obvious:

"We don't have LeBron, D-Wade or Chris Bosh on the team."

Still, Tomlinson wasn't dismissing the notion the Jets are among the Super Bowl favourites as the most unusual pre-season in NFL history begins following the 4 ½ month lockout. Nor was Jets coach Rex Ryan, who called this the best roster he's had since coming to New York, holding back.

"In my mind, there's a great opportunity for us to win and that's the No. 1 thing, in my mind to be somewhere where we have a chance to win the Super Bowl," Tomlinson said yesterday after the team's first workout, a slow-paced walkthrough. "I have said it all along (about restructuring) and this was my being able to prove the words I've said."

As usual, there were lots



"My improvement determines any kind of ceiling this team can have and our potential."

JETS QUARTERBACK MARK SANCHEZ

of words escaping rapidly from Ryan and his players. Re-signed receiver Santonio Holmes echoed Ryan's previous bold proclamations when the Jets were reaching the last two AFC championship games, and new receiver Plaxico Burress seconded the notion that this is a team on the rise.

"I'm pretty sure coach will tell you the same thing that I'd probably tell you — we are the team to beat," Holmes said. "But that's for us to feel like, and that's what we're supposed to feel like when we go into any game, that no matter who steps on the field, you have to come and beat us because we know we're tough."

Added Burress, who hasn't played since 2008 and spent much of the last two

years in jail on a gun charge:

"I looked at what these guys have here. They have a great coach that everyone wants to play for in Rex. I want to be able to show loyalty from the other side and help take them to a championship."

Ryan, sporting a new tribal-style tattoo on his right calf, reiterated his belief this is the Jets' year to win their first NFL title since the 1969 Super Bowl.

To enhance their chances of making that final leap into the Super Bowl, several Jets reworked their contracts, allowing them to keep Holmes and cornerback Antonio Cromartie and grab Burress.

Cromartie agreed to terms on a four-year contract earlier yesterday.

Other than Burress, the Jets core is relatively the same as in 2009. Ryan expects further growth from his key players, particularly Mark Sanchez, who he now calls "our leader" after making the quarterback a team captain.

"Part of it is based on what I think our leader is going to do, the strides I see him taking," Ryan said.

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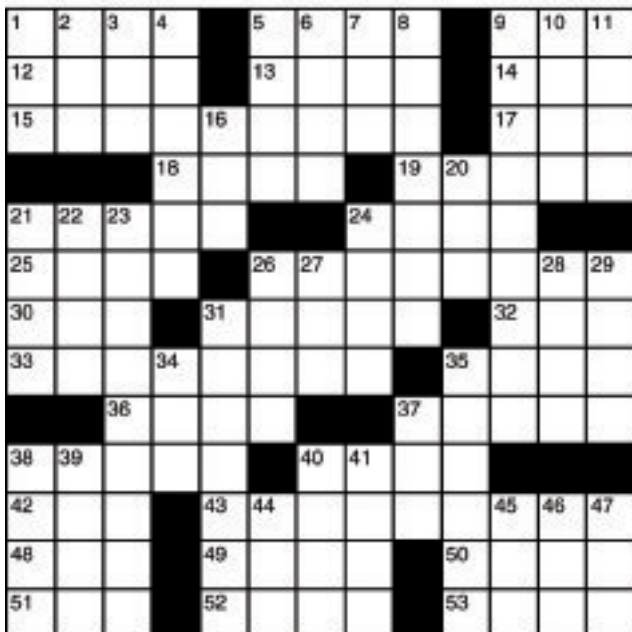
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Crossword

Across

- 1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down
1 Family member
2 Police officer
3 Chowd down
4 Din
5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate

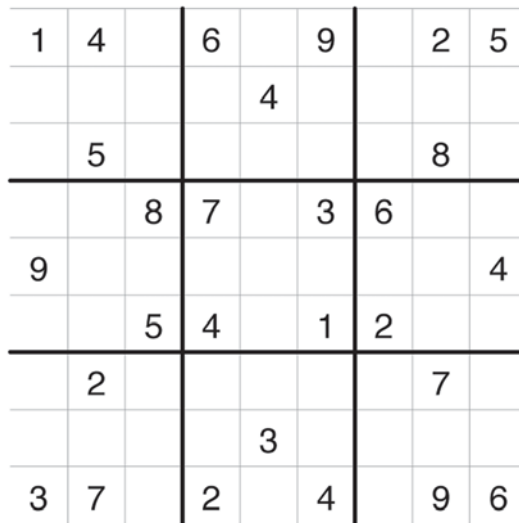


- 28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	8	7	6	5	1	3	9	4
6	1	5	3	9	4	2	7	8
3	4	9	2	7	8	1	5	6
5	7	6	1	4	3	8	2	9
8	2	4	9	6	5	7	3	1
1	9	3	7	8	2	4	6	5
4	3	2	5	1	9	6	8	7
7	5	8	4	2	6	9	1	3
9	6	1	8	3	7	5	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

*My Blue Gal
Hon, can't stop thinking about you. You got me spellbound n have not left me for a second. Sending you all my love, hugs, kisses n lots of fun. Have a lovely day! Love YOU crazy:)*

FROM DJ DANCE WITH ME

*Matt
I haven't seen you in 2 days, and I have been thinking about you. How was Johnny Rockets? I hope you had a good time. =0)*

FROM R

*Eric
Heeeeeee! I know how much u wuv kissees. Maybe u can shtop kissing me shoo much! I need to get some shweep! Wuv u. When you gonna pick me up? Hehhh?*

FROM BOO BEAR

Today's horoscope

♈ **Aries** March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.
♉ **Taurus** April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.
♊ **Gemini** May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.
♋ **Cancer** June 22-July 22 Focus

on your career and how you can make extra money from your creative talents.
♌ **Leo** July 23-Aug. 23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.
♍ **Virgo** Aug. 24-Sept. 22 Change yourself and everything else will change too.
♎ **Libra** Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.
♏ **Scorpio** Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and

For today's crossword answers and for expanded horoscopes, go to metronews.ca

challenges.
♐ **Sagittarius** Nov. 23-Dec. 21 Think big, and act big too.
♑ **Capricorn** Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.
♒ **Aquarius** Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.
♓ **Pisces** Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. ● SALLY BROMPTON

Caption contest



WIN! You write it!

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